



NEWS RELEASE

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March 22, 2013

STUDENT HEALTH IS FOCUS OF MARCH 28 SUMMIT

Students, parents, educators and health professionals are invited to the Center for People in Need in Lincoln for the annual summit on children's health.

Local and national experts will speak about children's health, including the connection between student health and academic performance. This year's theme is *School Wellness: A Foundation for Academic Success*. The summit is provided by Nebraska Action for Healthy Kids, a nonprofit organization that works to improve nutrition and increase physical activity in schools to address issues related to overweight, sedentary and undernourished youth.

"Nebraska educators know that academic achievement and student health are connected. We know that healthy children learn better. Our schools have an important role in the focus on student health," said Nebraska Education Commissioner Roger Breed.

Highlights of the summit include:

- School administrators' discussion on integrating wellness into the school environment
- Keynote speakers:
 - Norris Public Schools Superintendent John Skretta presents *Stepping Up: Embracing Our Responsibility as Healthy Role Models for Kids*
 - Jeff Perry, superintendent of Wise Public Schools in Virginia, presents *Making the Connections: Brain-Based Learning and Promoting Healthy Students*
- Nebraska schools that have demonstrated leadership in wellness will be recognized
- Student Track: Student-only track aimed at developing middle and high school students into wellness leaders in their schools and communities.

The summit will be held 8 a.m. – 3:30 p.m. at the Center for People in Need, 3901 N. 27th St., # 1 in Lincoln.

The summit is cosponsored by the Nebraska Department of Health and Human Services, Nebraska Department of Education, ConAgra Foods Foundation, Hunger Free Heartland and Midwest Dairy and supported by area volunteers.

Nebraska Action for Healthy Kids, which is affiliated with the national organization Action for Healthy Kids, is a coalition of Nebraska organizations and government agencies focused on education, health, fitness and nutrition. For more information on Nebraska Action for Healthy Kids or the summit, visit: www.actionforhealthykids.org/nebraska.